

WELCOME TO

TransPlus

PEER SUPPORT



WHO ARE WE?

As peer support workers with lived trans+ experience, we're here to walk alongside you on your journey with TransPlus. We offer a safe, welcoming space to explore any challenges you may be facing and to celebrate your progress along the way.

WHAT'S ON OFFER

We provide one-to-one support sessions that are goal-oriented and tailored to your needs. These sessions offer a confidential space for personal discussions, guidance, and encouragement.

You can self-refer to join our waiting list for one-to-one sessions with a dedicated Peer Support Worker.

We also host a monthly in-person social group and monthly online meetups - welcoming spaces to connect, share experiences, and build community (no referral needed).

COMMON THEMES IN PEER SUPPORT

- Building confidence in your gender identity
- Finding supportive communities and networks
- Experiences and expectations of hormone therapy
- Managing dysphoria
- Discussing gender identity with loved ones
- Changing legal documents
- Creating self-care plans and positive identity affirmations
- Self-advocacy in healthcare
- Support with understanding surgery options
- Celebrating and sharing milestones and achievements

WAYS TO ACCESS GROUP SUPPORT



Monthly in-person social space at our Dean Street site on the lower ground floor



Monthly MS Teams video calls with other service users and our Peer Support Team

You don't need to self-refer or notify us in advance - just drop in to any group that feels right for you!

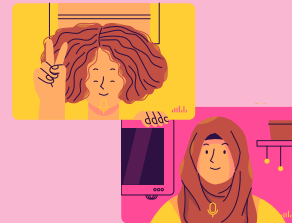
WAYS TO ACCESS ONE-TO-ONE SUPPORT

One-to-one sessions with dedicated Peer Support Worker held weekly or fortnightly with the option of sessions...



In-person at our Dean Street Clinic

Remote virtual sessions via MS Teams



Or, telephone calls for those without a computer or smartphones

Initial self-referral needed via form on our website - see the link on the back of this leaflet

For more information about our TransPlus Peer Support service head to our website where you can learn about our team, the support we offer, self-referral form, and dates for group sessions. wearetransplus.co.uk/psg

One-to-One Support Self-Referral Form

You can also access our self-referral form directly through this QR Code



If you need any help to complete the form, ask one of your clinicians for assistance during your appointment.